



# AMERICANRENAL<sup>®</sup>

*associates*

## American Renal Associates' Holiday Food Guide

Many holiday foods are high in sodium, potassium and/or phosphorus. This guide will help you make better choices. Remember to always take your phosphorus binders as prescribed.

### High Sodium, Potassium or Phosphorus

Ham

Candied Yams, Sweet Potatoes or White Potatoes

Potato Salad

Winter Squash

Greens: mustard, collard, kale or spinach

Stuffing made from boxed mix

Macaroni and Cheese

Canned Gravy or Gravy Mix

Pumpkin, Sweet Potato Pie or Pecan Pie

Fruit Cake

Eggnog

Nuts

### Better Choices

Roast pork, turkey, chicken or beef

Use soaked or double boiled sweet potatoes or yams

Use pasta or macaroni salad

Carrots

Green beans, cabbage or green peas

Homemade stuffing that does not have high potassium vegetables, nuts or sausage

Try buttered noodles that have been lightly sprinkled with cheese

Gravy made from pan drippings

Try lower potassium fruit pie: apple, cherry, peach, blueberry, cranberry or lemon meringue. Try peach cobbler or apple crisp. Top with non-dairy whipped topping

Pineapple upside down cake, pound cake or quick breads that are made with cranberries, blueberries, applesauce or zucchini

Try fruit punch made with cranberry juice and Sprite, 7-Up or Ginger Ale. Limit all fluids!

Limited to 2 tablespoons or less